

What is claimed is:

- 1 1. A method of treating a sebaceous follicle disorder in a preselected region of
2 mammalian skin, the preselected region having at least one lesion characteristic of the
3 disorder disposed therein, the method comprising the steps of:
4 (a) cooling an exposed surface of the preselected region; and
5 (b) applying energy to the preselected region in an amount sufficient to ameliorate
6 the lesion.

- 1 2. The method of claim 1, wherein in step (b) the energy is provided by laser light,
2 incoherent light, microwaves, ultrasound or RF current.

- 1 3. The method of claim 1 wherein in step (b) the energy is provided by laser light.

- 1 4. The method of claim 3, wherein the laser light comprises a wavelength in the
2 range from about 0.6 microns to about 1.8 microns.

- 1 5. The method of claim 4, wherein the wavelength is in the range from about 1.2 to
2 about 1.7 microns.

- 1 6. The method of claim 5, wherein the wavelength is in the range from about 1.3 to
2 about 1.6 microns.

- 1 7. The method of claim 6, wherein the wavelength is about 1.5 microns.

- 1 8. The method of claim 3, wherein the laser light comprises a fluence in the range
2 from about 5 to about 500 joules per square centimeter.

- 1 9. The method of claim 7, wherein the fluence is in the range from about 10 to about
2 150 joules per square centimeter.

- 1 10. The method of claim 1, wherein the laser light comprises a power density in the
2 range from about 1 to about 10,000 watts per square centimeter.

1 11. The method of claim 1, wherein step (a) occurs prior to step (b).

1 12. The method of claim 1 or 11, wherein step (a) occurs contemporaneously with
2 step (b).

1 13. The method of claim 1, comprising the additional step of prior to step (b)
2 providing a radiation absorbing material to the preselected region.

14. ~~The method of claim 1, wherein in step (b) the thermal change occurs in the
absence of an exogenously provided radiation absorbing material.~~

1 15. The method of claim 1, wherein the disorder is acne.

1 16. The method of claim 15, wherein the acne is acne vulgaris.

1 17. The method of claim 1 or 15, wherein applying energy in step (b) reduces the size
2 of a lesion disposed within the preselected region.

1 18. The method of claim 1 or 15, wherein applying energy in step (b) reduces the
2 density of lesions disposed within the preselected region.

1 19. The method of claim 1 or 15, wherein applying energy in step (b) reduces lesion-
2 associated skin inflammation in the preselected region.

1 20. A method of treating acne in a preselected region of mammalian skin, the
2 preselected region having at least one acne lesion disposed therein, the method
3 comprising the steps of:

4 (a) cooling an exposed surface of the preselected region; and

5 (b) exposing the preselected region to a beam of radiation comprising a
6 wavelength in the range from about 0.6 microns to about 1.8 microns to
7 ameliorate the lesion.

21. The method of claim 17, wherein in step (b) the wavelength is in the range from about 1.2 to about 1.7 microns.

22. The method of claim 21, wherein the wavelength is in the range from about 1.3 to about 1.6 microns.

23. The method of claim 22, wherein the wavelength is about 1.5 microns.

24. The method of claim 20, wherein in step (b) the beam of radiation has a fluence in the range from about 5 to about 500 joules per square centimeter.

25. The method of claim 24, wherein the fluence is in the range from about 10 to about 150 joules per square centimeter.

26. The method of claim 20, wherein in step (b) the beam of radiation has a power density in the range from about 1 to about 10,000 watts per square centimeter.

27. The method of claim 26, wherein the power density is in the range from about 5 to about 5,000 watts per square centimeter.

28. The method of claim 20, wherein step (a) occurs prior to step (b).

29. The method of claim 20 or 28, wherein step (a) occurs contemporaneously with step (b).

30. The method of claim 20, comprising the additional step of prior to step (b) providing a radiation absorbing material to the preselected region.

31. The method of claim 20, wherein the disorder is acne vulgaris.

32. The method of claim 20, wherein applying energy in step (b) reduces the size of a lesion disposed within the preselected region.

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